

4F**Implement strategies to enhance hauora and resilience in taiohi**

Kaupae Level	4
Whiwhinga Credit	5
Whāinga Purpose	<p>This skill standard is for people who want to practise youth work under managerial supervision and guidance in range of youth work settings.</p> <p>This standard has been developed primarily for assessment within programmes leading to the outcomes of the New Zealand Certificate in Youth Work (Level 4) [Ref: 2449].</p> <p>People credited with this standard can select and apply strategies to enhance hauora and resilience in taiohi.</p>

Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Describe the importance of hauora and resilience for taiohi.	a. Describe factors that can influence the hauora of taiohi.
	b. Explain the key components of hauora and resilience relevant to taiohi
	c. Describe the interconnection between these components and how they contribute to overall hauora.
2. Select strategies that can promote hauora and resilience in taiohi.	a. Identify a range of evidence-based strategies that can promote hauora and resilience in taiohi.
	b. Tailor evidence-based strategies to meet the needs of a specific group of taiohi.
3. Apply strategies to enhance hauora and resilience in taiohi.	a. Apply strategies tailored to the needs of a specific group of taiohi.
	b. Apply cultural considerations when implementing the strategies with taiohi from diverse cultures
4. Reflect on practical implementation of the strategies to enhance hauora and resilience in taiohi.	a. Reflect on the outcomes, challenges faced, lessons learned, and insights gained during the implementation of the strategies
	b. Reflect on how the strategies might be adapted to address different cultural contexts or diverse groups of taiohi.

Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria

Assessment specifications:

- Assessments reflect the context of Aotearoa and the principles of Te Tiriti o Waitangi, contemporary overarching acts, positive youth development frameworks, including Mana Taiohi and Code of Ethics for Youth Work in Aotearoa New Zealand.
- This skill standard may require the disclosure of personal information. This information must be treated according to relevant statutes, regulations, codes of practice, and workplace policies and procedures.
- Evidence requirements:
The assessment period will typically span several weeks to allow candidates sufficient time to research, plan, and execute the practical implementation.
Candidates will be required to demonstrate their ability to implement two strategies in a real setting. This could involve delivering a workshop, creating educational materials, or designing a relevant intervention plan.
Evidence for the practical components of this skill standard must be generated in a youth development setting, under guidance.
Evidence for this standard must reflect best practice in youth work including legal, cultural and ethical considerations. Practice must follow organisational policies and procedures.
- For assessment purposes:
Hauora is a Māori philosophy of health unique to Aotearoa. It comprises of Taha tinana (the physical dimension), Taha hinengaro (the mental dimension), Taha whānau (the family dimension) and Taha wairua (the spiritual dimension)
Resilience refers to the ability to bounce back from adversity, cope with challenges, and adapt positively to stressors.
Taiohi refers to young people aged between 12 and 24 years old.
Youth Work practice is a mana centric relationship between a youth worker and taiohi, where taiohi actively participate, discover their power, and choose to engage for as long as agreed; and that supports their holistic, positive development as taiohi that contribute to themselves, their whānau, community and work.

Ngā momo whiwhinga | Grades available

Achieved.

Ihirangi waitohu | Indicative content

- Te Whare Tapa Whā model of wellbeing
- Factors affecting hauora
- Resilience
- Positive coping strategies that can support hauora.

Rauemi | Resources

- Ara Taiohi. (2020). Code of Ethics for Youth Work in Aotearoa New Zealand (2nd edition). Available at: <https://arataiohi.org.nz/career/code-of-ethics/history-of-the-code-of-ethics/>
- Ara Taiohi. (2021). Mana Taiohi Principles. Available at: <https://arataiohi.org.nz/resources/training-and-resources/mana-taiohi/>
- Positive Youth Development Aotearoa: Weaving Connections 2020 – Wayne Francis Charitable Trust. Available at: [26.10.2021+Weaving+connections+\(web\).pdf \(squarespace.com\)](https://www.squarespace.com/26.10.2021+Weaving+connections+(web).pdf)

- Sutcliffe K, Ball J, Clark TC, et al. Rapid and unequal decline in adolescent mental health and well-being 2012–2019: Findings from New Zealand cross-sectional surveys. *Australian & New Zealand Journal of Psychiatry*. 2023;57(2):264-282. doi:[10.1177/00048674221138503](https://doi.org/10.1177/00048674221138503)
- Youth19; [Publications; A Youth2000 Survey; Available at: Youth19 - A Youth2000 Survey](#)
- Ministry of Education/ Manatū Hauoro – Māori health models – Te Whare Tapa Whā. Available at: [Māori health models – Te Whare Tapa Whā | Ministry of Health NZ](#)
- Massey University; Research Gate: *Robyn Munford*. Available at: [Robyn MUNFORD | Professor | BSW First Class Hons, MSW, PhD | Massey University, Palmerston North | School of Social Work | Research profile \(researchgate.net\)](#)

Pārongo Whakaū Kounga | Quality assurance information

Ngā rōpū whakatau-paerewa Standard Setting Body	Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council
Whakaritenga Rārangi Paetae Aromatawai DASS classification	Community and Social Services > Social Services > Youth Development
Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga CMR	0024

Hātepe Process	Putanga Version	Rā whakaputa Review Date	Rā whakamutunga mō te aromatawai Last date for assessment
Rēhitatanga Registration	1	[dd mm yyyy]	[dd mm yyyy]
Arotakenga Review	<type here>	[dd mm yyyy]	[dd mm yyyy]
Kōrero whakakapinga Replacement information	N/A		
Rā arotake Planned review date	31 December 2028		

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council at qualifications@toitutewaiora.nz to suggest changes to the content of this skill standard.